

Challenging Beliefs Worksheet

Column A	Column B	Column C
Situation	Automatic Thoughts	Challenging Your Automatic Thoughts
<p>Describe the event(s), thought(s), or belief(s) leading to the unpleasant emotion(s).</p>	<p>Write automatic thought(s) preceding emotion(s) in Column A.</p> <p>Rate belief in each automatic thought(s) below from 0-100%</p>	<p>Use the Challenging Questions sheet to examine your automatic thought(s) from Column B.</p>
Emotion(s)		
<p>Specify sad, angry, etc., and rate the degree you feel each emotion from 0-100%.</p>		

Column D	Column E	Column F
Faulty Thinking Patterns	Alternative Thoughts	Decatastrophizing
Use the Faulty Thinking Patterns sheet to examine your automatic thought(s) from Column B.	<p>What else can I say instead of Column B?</p> <p>How else can I interpret the event instead of Column B?</p> <p>Rate the belief in alternative though(s) from 0-100%.</p>	<p>What's the worst that could ever <u>realistically</u> happen?</p>
		<p>Even if that happened, what could I do?</p> <hr/> <p style="text-align: center;">Outcome</p> <p style="text-align: center;">Re-rate belief in automatic thought(s) in Column B from 0-100%.</p> <hr/> <p style="text-align: center;">Specify and rate subsequent emotion(s) from 0-100%.</p>